

# Early Bird Exercise Fall 2021 With Anne Packard

Only the birds and you are up, so come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics & free weights. Fall class schedule will be Monday, Wednesday and Friday from 6:00—7:00AM.

Pre-registration is required and class size is limited.

**Cost:** \$50 (12-week session)

**Instructor:** Anne Packard

**Location:** Holderness Town Hall, 1089 US Rt 3

## COVID Information

Pre registration is required for all programs. Currently, when entering Town Hall, we are asking everyone to wear a mask regardless of vaccination status. During programs, masks may be required for some classes and not for others depending on the ability to social distance and how close the nature of the instruction / activity is.

We thank you for your cooperation.

To register please contact Holderness Recreation at  
968-3700, [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) or visit [www.holderness-nh.gov](http://www.holderness-nh.gov).

